

## Employee Assistance Program

Your resource for help with daily challenges and difficult situations

# Quick Stress Busters and Hacks

## EAP Training Event

Tuesday,  
May 21, 2024

10:00 - 11:00 a.m.

### Training Description

When we encounter stress, our brain and body go into “fight-or-flight” mode, causing our heart rate and breathing to increase and our muscles to become tense. Over time, repeated activation of this stress response takes a toll on the body, both physically and psychologically. Since we encounter stressors every day, we need tools to use on the fly that give quick results and relief. In this training, participants will learn to identify stressors and signs of stress, as well as fast and straightforward ways to de-stress.

### Learning Objectives

- Define stress
- List common causes of stress
- Identify signs and symptoms of stress
- Learn everyday stress reduction techniques



On the day of the event, scan the QR code to access the live webinar.

### Access Information

Advanced registration is not required. On the day of the event, use the following link to view and listen to the live webinar: [magellanhealth.adobeconnect.com/r36ztkd7nz82/](https://magellanhealth.adobeconnect.com/r36ztkd7nz82/)

If you want to access the audio only, call (816) 293-9963 and enter 9498679#

The training will be recorded and available on the website approximately two to three weeks after the live event.

To view past trainings, go to [eap.calhr.ca.gov](https://eap.calhr.ca.gov). In the Explore Services section, click on the Trainings and Webinars tile to access the training recording, PDF of the slide show presentation and handouts (if any).

### Please Note

- These trainings are intended for State of California employees.
- Before planning to attend, obtain supervisor approval.
- Please contact [eap@calhr.ca.gov](mailto:eap@calhr.ca.gov) for any reasonable accommodation requests. We kindly ask for at least two weeks' notice before the event to review the request.

